



# LIFELINE

## NEWSLETTER

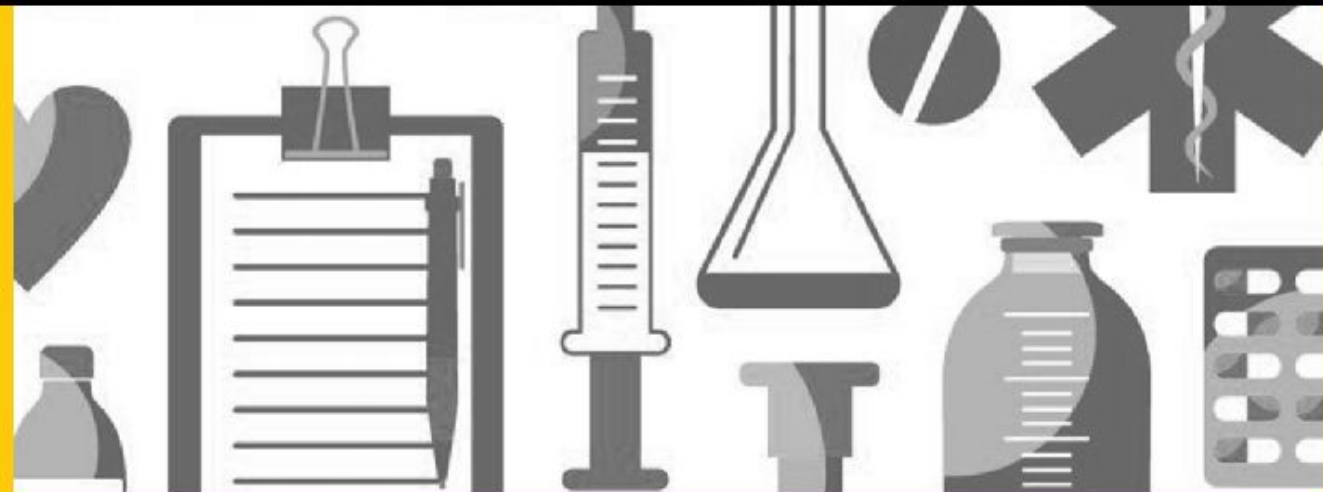


# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# Editor's Piece

## Angela Frantz

SNA Media Director,  
Basic BSN '23



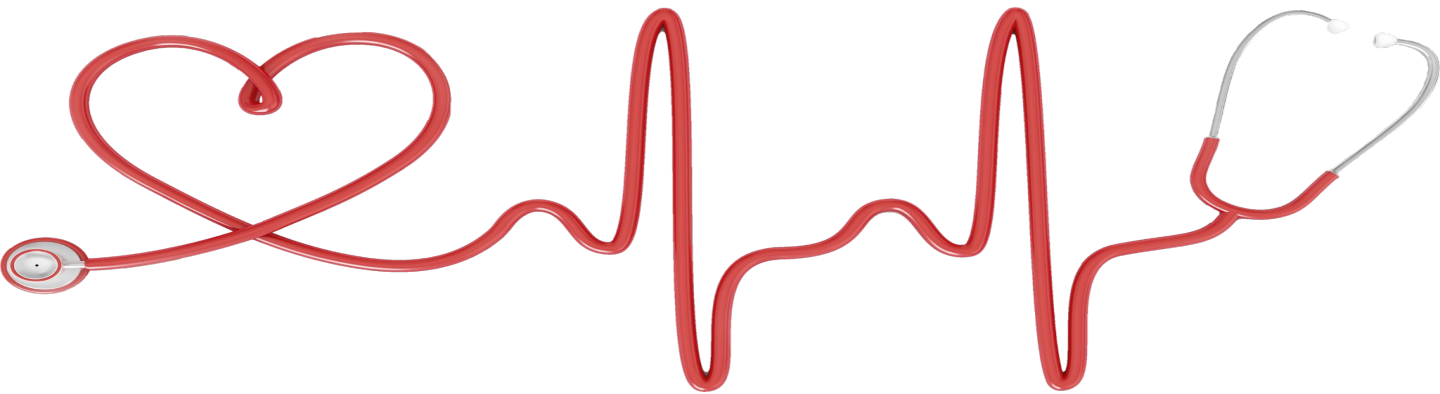
Hello everyone! My name is Angela Frantz, the SNA Media Director for the 2022-2023 school year. I manage our presence online, including our website, social medias (make sure to follow us on FB and Insta), and this very newsletter! I truly cannot believe this is my final semester here at UCF, and we have only about 2 months until graduation! Time really does fly, so juniors, take it all in. If you ever need anything, please feel free to reach out via social media @ucfsnaorlando. Also, please reach out to our socials or emails (listed on the last page) if you would like to be featured in the newsletter!

I am so excited to share that we will be well represented at national convention this year in Nashville, Tennessee. 15 of us from SNA will be flying to represent our Orlando SNA chapter this year, which we are very excited about!! If you would like to learn more about national

convention and what we will be up to, feel free to check out Kaitlyn's January newsletter article on our website

(<https://www.snaucforlando.com/wp-content/uploads/2014/03/DecJanNewsletter.pdf>) and the NSNA Convention Homepage (<https://www.nснаconvention.org/>)!

Happy spring!! Go Knights, Charge on!!



## Unseen Troubles

# Carolina Rose Tytar

Breakthrough to Nursing Director, Traditional BSN '23

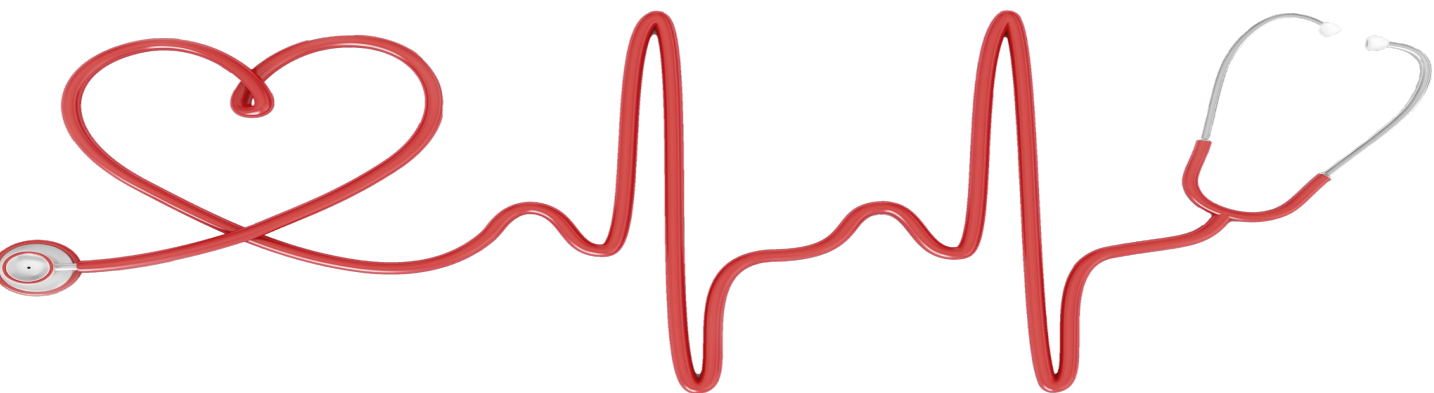


As nursing students, we experience a lot of stress. From long days of lectures and clinical to learning immense amounts of knowledge, we can be spread thin physically and mentally. Most people also have other stressors in their life. For me, these stressors were grief and low self-esteem, something I didn't expect during my first semester of nursing school. I've learned since then how important it is to prioritize and love yourself. Mental health is just as important as your physical health and can affect areas in your life that seem unrelated. One of the ways depression manifested for me was in my grades. I was receiving lower grades than usual because

it took most of my energy to get out of bed and start my day.

Although there is no perfect solution that works for everyone, here is what I learned along my mental health journey and coping mechanisms that have worked for me so far. Progress doesn't happen overnight and difficult emotions, such as depression and grief, come in waves. This is something I still have trouble coming to terms with. The highs can seem great and the lows can be devastating when they happen, but learning how to work through them is what's important. I would often get angry at myself because I wasn't "better" yet. I would think "I've been happy lately, why do I still feel sad". This is normal and it's okay to move at a pace that is natural for you. Just because you have a bad day, it doesn't mean no progress has been made in your mental health journey.

Some of the coping mechanisms that have worked for me, other than professional help and therapy, are yoga and meditation, journaling, and positive affirmations. Doing yoga and meditation in the morning helps set a good tone for the day and can help clear my head when I feel overwhelmed. Journaling would also help clear my head and help me work through my

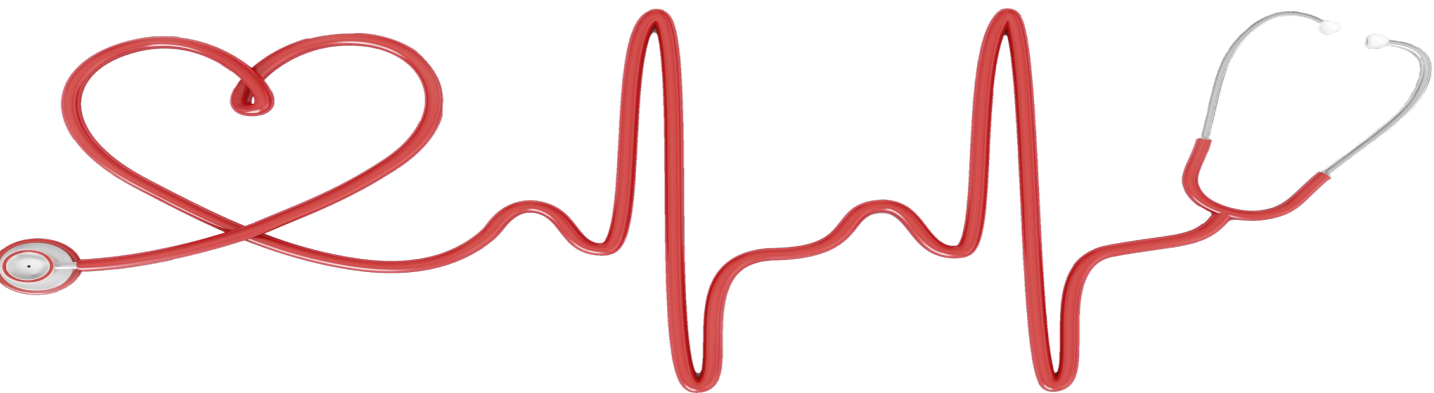


emotions, especially strong negative ones. It's also a good way to track your progress and see how you've grown over time. Because one of my problems include low self-esteem, looking in the mirror can be anxiety inducing and lead to negative thoughts. By writing positive affirmations on my bathroom mirror, this helps me feel better about myself and stay present.

I chose to write about my mental health experience because someone who may be in a similar situation or is currently struggling may need to hear this. February is the month of love, and that should include self love. If you're struggling right now, know that you're not alone and it's okay to ask for help. It may not seem like it right now, but it slowly gets better and there is hope. Prioritize yourself because you matter and you deserve it.

With love,

Caroline Rose Tytar



# Clinical Implications of a Broken Heart

## Pearce Copeland

Accel Liaison, Accelerated BSN '23



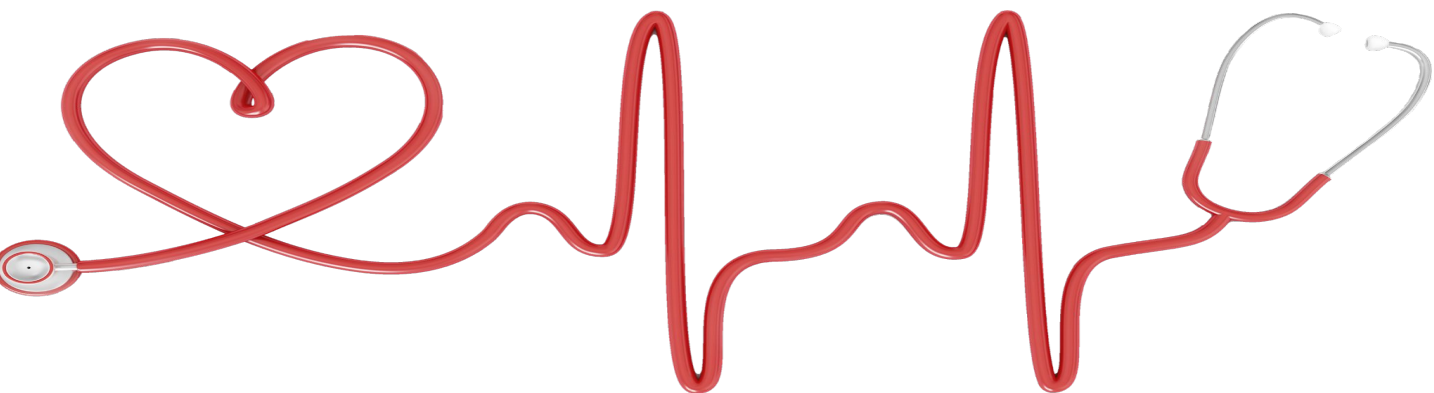
Most individuals know how it feels to have their heart broken, however, not many people know that there is an actual condition which may arise from the stress associated with heartbreak. Takotsubo cardiomyopathy, more common known as broken-heart syndrome, is a heart condition which most often occurs during times of extreme emotions or highly stressful circumstances, such as a serious accident, serious illness, losing a loved one, or adventitious crisis. Alternatively, this condition may also be preceded by serious illness or surgery, however, it is most commonly known to be psychosomatic in nature. Individuals suffering from broken-heart syndrome



often are under the impression that they are experiencing a myocardial infarction (MI) , or a heart attack, as the clinical manifestations are extremely similar: acute onset chest pain and shortness of breath. These symptoms occur due to weakening that occurs in the left ventricle, thus affecting the heart's ability to pump blood to the rest of the body (Harvard Health: Health Information and Medical Information, 2022).

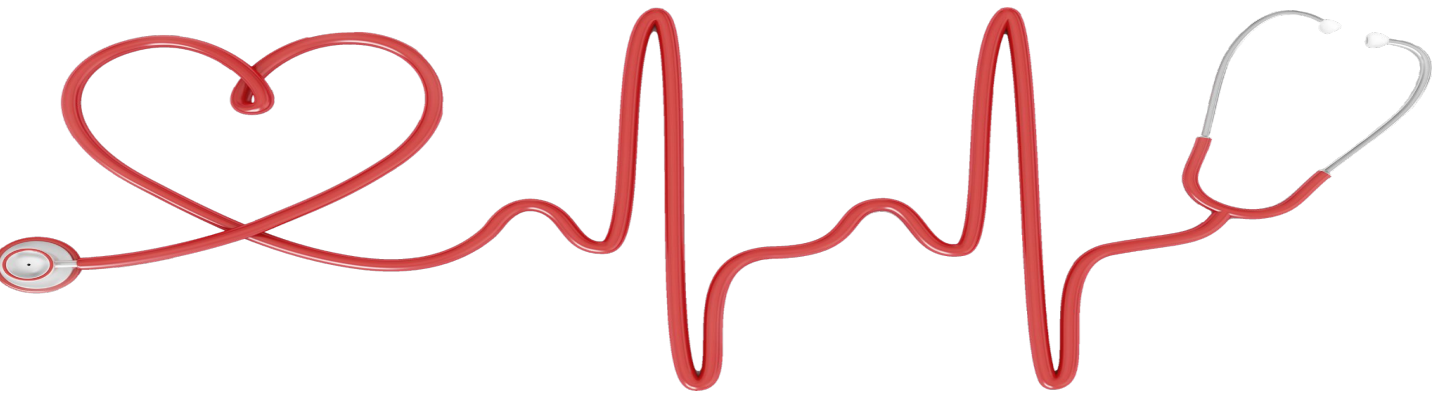
While this condition is most often temporary and less serious than an MI, there are a number of complications which may still arise. Pulmonary edema, hypotension, cardiac arrhythmias, heart failure, and coronary thrombosis, or blood clots in the heart, are complications which might occur in individuals with broken-heart syndrome; furthermore, it is possible that the condition might occur again, which is referred to as recurrent takotsubo cardiomyopathy. Risk of developing complications increases with recurrent takotsubo cardiomyopathy, even resulting in death in some rare cases (Mayo Clinic, 2022).

Luckily, much can be done to prevent broken-heart syndrome. Knowing risk factors, such as female sex, being aged 50 or older, having a history of a psychiatric disorder such as anxiety or depression, or a history of a





neurologic disorder, such as seizures or stroke, can make individuals more aware of the condition should symptoms arise. Also, learning and practicing techniques to increase problem-solving and stress management, as well as adopting habits to increase overall and cardiac health, such as a healthy diet, exercise, and prioritizing sleep can greatly reduce risk of broken-heart syndrome in the event that extreme stress or emotions occur. (Cleveland Clinic, 2022).



## References

Cleveland Clinic. (2022, November 20). *Broken heart syndrome*.

<https://my.clevelandclinic.org/health/diseases/17857-broken-heart-syndrome>

Harvard Health: Health Information and Medical Information. (2022, May 19). *Takotsubo cardiomyopathy (broken-heart syndrome)*.

<https://www.health.harvard.edu/heart-health/takotsubo-cardiomyopathy-broken-heart-syndrome>

Mayo Clinic. (2022, October 27). *Broken heart syndrome*.

<https://www.mayoclinic.org/diseases-conditions/broken-heart-syndrome/symptoms-causes/syc-20354617#:~:text=Broken%20heart%20syndrome%20is%20a,after%20the%20heart%20is%20healed.>



## **OFFICER POSITIONS:**

**If you are interested in running for SNA office, we will be holding elections at our March general meeting (3/22/23)!**

### **Available Positions:**

- Secretary
- Media Director
- Historian
- Breakthrough to Nursing Director
- Community Health Director

***You must be a paid SNA member to be eligible to run.***

***Link to sign up to run:***

**[SNA Board Member Application](#)**

***If you have any questions, please contact Alexis Wade, our legislative director.***

# SNA MEETING

## Schedule



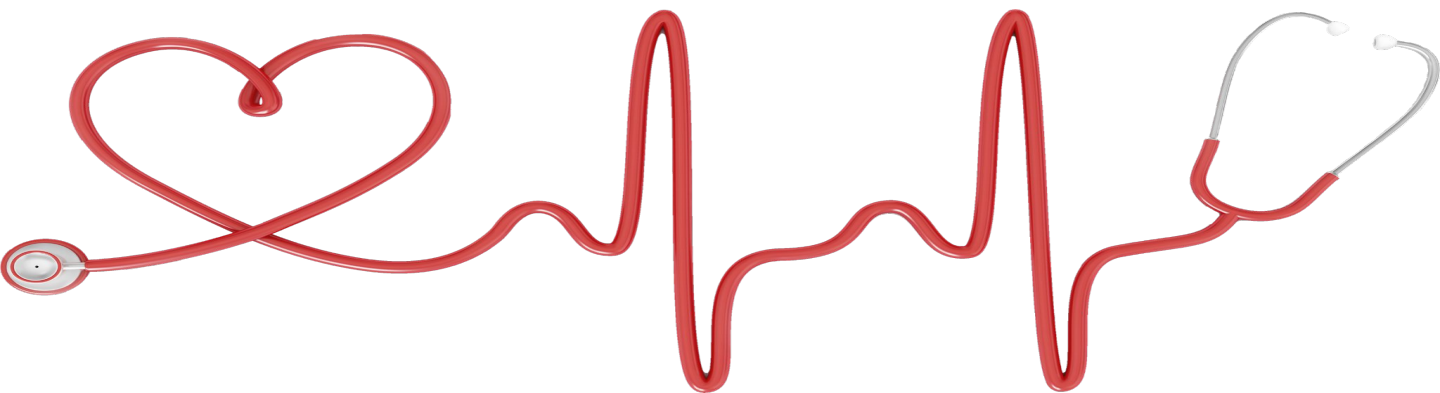
*Jan 25th @1700 (CoN Room 602)*

*Feb 22nd @1700 (CoN Room 602)*

*March 29th @1700 (CoN Room 602)*

*April 19th @1700 (CoN Room 602)*

@snaucforlando



# Announcements & Upcoming Events!



## [SNA Committee Application](#)

March 25:  
Relay for Life @  
UCF starting at  
4pm and  
ending at 6am.  
Contact Liv  
Kennell for  
more info!

April 1st-2nd:  
Dance  
Marathon @  
UCF starting at  
noon. Contact  
Liv Kennell for  
more info!

Either March  
27th or April  
3rd: A OneBlood  
bus will be in  
the parking lot  
of CON to host a  
blood drive!

March 22nd:  
Joyce  
DeGennaro  
Kickball  
Fundraiser,  
contact Leah  
Shinn for more  
info! (cont)

# Announcements & Upcoming Events!



## [SNA Committee Application](#)

The Joyce DeGennaro Kickball Fundraiser will be free to paid SNA members, \$5 for non-SNA members!

**If you would like to join a committee, feel free to sign up at this link: [SNA Committee Application](#)**

The next newsletter submission deadline will be **March 15th!**

# Announcements & Upcoming Events!



## [SNA Committee Application](#)

To submit your work to the next newsletter, contact Angela!

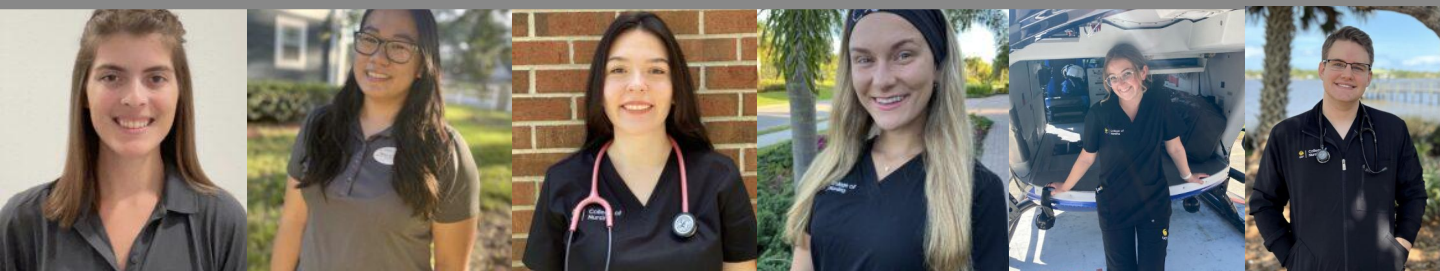
ucfsnaorlwebmaster@gmail.com

Next General Meeting:

**March 29th,  
2023  
@1700  
Room 602**



# Contact Info for the 2022-23 SNA Board!



President	Kaitlyn Yu	ucfs opresident@gmail.com
Vice President	Morgann Betterly	ucfsnaorlvicepresident@gmail.com
Secretary	Michael Keller	ucfsnaorlsecretary@gmail.com
Treasurer	Annaliece Balensiefen	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Emily Bailey	ucfsnaorlclubhouse@gmail.com
Historian	Leah Shinn	ucfsnaorlhistorian@gmail.com
Legislative Director	Alexis Wade	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Caroline Tytar	ucfsnaorlb2n@gmail.com
Media Director	Angela Frantz	ucfsnaorlwebmaster@gmail.com
Community Health Director	Olivia Kennell	ucfsnaorlcommunity@gmail.com
Interim Fundraising Chair	Leah Hutchinson	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Pearce Copeland	ucfsnaorlaccelliaison@gmail.com
Advisor	Dr. Brian Peach	Brian.Peach@ucf.edu
Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

## Social Media

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Website: snaucforlando.com

